

## Aging & Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188

Local: 262-548-7848  
Toll Free: 866-677-2372  
Fax: 262-896-8273  
TTY: 7-1-1

Website:  
[www.waukeshacounty.gov/adrc](http://www.waukeshacounty.gov/adrc)

**After hours call  
IMPACT 2-1-1  
211, or toll free  
1-866-211-3380**

### Our Mission

To provide older adults and people with physical or developmental/intellectual disabilities the resources needed to live with dignity and security and to achieve maximum independence and quality of life. The goal of the Aging and Disability Resource Center is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

### Inside this Issue:

- ♦ Tips for visiting someone in a nursing home.
- ♦ September is Fall Prevention Awareness Month in Wisconsin.
- ♦ Changes coming to Food Labels.
- ♦ Medical Information Form



September 2017

# The ADRC Connection

**G**randparents Day is September 10, 2017 and the ADRC would like to recognize this day and the special grandparents who have raised their children and are now raising their grandchildren. Whether you are a grandparent, a grandparent raising grandchildren or know someone who is, this is a special day that needs to be celebrated.

Most people know that parenting is a tough, yet rewarding endeavor in life. Being a grandparent and raising grandchildren can, at times, be an even tougher endeavor. There are always joys and challenges in life. The grandparents who are raising their grandchildren have many of both.

The ADRC has a Grandparents Raising Grandchildren Group. This group of grandparents range from age 55 to well into their 70's and 80's and are raising children ages 4-22. Many of these children have special needs, mental health issues and emotional issues. When asked about the joys and challenges that come with raising grandchildren, some of the challenges are being able to keep up physically with the children, trying to instill values, manners and morals, managing their own chronic health conditions, financial worry and keeping up with technology. The grandparents were quick to share the joys that they have experienced in their journey as well. Some that were mentioned are the laughter the children bring, the energy they have, seeing them fight and conquer their fears and just watching them grow.

According to the most recent United States Census Bureau, in Wisconsin nearly 40% of grandparents are raising their grandchildren. That is roughly 28,000 children who are being solely cared for by a grandparent(s). Approximately 1,878 grandparents in Waukesha County are raising grandchild(ren), according to the Wisconsin Statewide Population Percentages.

The Grandparents Raising Grandparents Group is designed to provide networking, education, support and respite for the grandparents and grandchildren. Some of the activities the ADRC has been able to provide for grandchildren include: summer camp tuition, swimming lessons, and Spanish lessons. The group also has gone on outings such as a trip to Waukesha Floral where the grandparents created their own planter for their homes and a holiday outing for the families.

If you or someone you know are raising grandchildren and would like to learn more, please contact the ADRC for program qualifications and details.





## Right Service, Right Place, Right Time Part III

by Robert J. Best NHA, MAPS, Executive Director, Oak Hill Terrace

When considering adding formal services for a family member or friend, caregivers will find that there is a wide variety of options. Last month, we reviewed home and community-based services. This month, we look at residential services. Residential care options require a move to a new setting, but may present the best way to meet the needs in a comprehensive, integrated way.

**Residential Services (Housing options)** can provide a complete package of services, including the home maintenance and chore services as well as personal care and nursing services. Residential alternatives may be preferred for people who have needs that occur throughout the day and night. These needs might range from medication administration several times a day, to assistance to use the bathroom, to 24-hour supervision, monitoring and response to sudden unexpected requests for help. Residential care providers are able to provide incremental services as needed throughout the day and night, including weekends and holidays. In addition, they provide increased opportunity to socialize with friends and neighbors.

Many different terms are used to describe housing options for older adults and people with disabilities. It is beyond the scope of this article to describe these in detail, but here is a guide to help you distinguish the various housing options.

Types of Housing	Type of License	Description
Senior Apartment (Also referred to as <i>Adult Communities, independent living</i> )	No License required	Like any other apartment complex, but tenants must be 55yrs of age or older. No other services available. May have some social activities.
Congregate Housing (Also referred to as <i>Retirement Community or independent living</i> )	No License required	Similar to senior apartments, but includes meals and may offer housekeeping, and other non-personal care related services.
Assisted Living (Also referred to as <i>Apartments with Services, Group Homes</i> )	Residential Care Apartment Complex (RCAC) Adult Family Home (AFH), Community-Based Residential Facility (CBRF),	Provides all of the services of congregate housing with the addition of personal care and nursing services. RCAC provides full apartment accommodations. CBRF generally offers single rooms, but may provide apartments. AFH are group homes for up to four (4) individuals.
Memory Care (Also referred to as <i>Dementia Care, Alzheimer's Group Homes</i> )	Adult Family Home (AFH), Community-Based Residential Facility (CBRF)	Provides all services of general assisted living, with special treatment for managing dementia, including a secured environment to prevent unsafe wandering.
Nursing Home (Also referred to as <i>Health Care Center, Subacute, Post- Acute, Rehabilitation Center</i> )	Skilled Nursing Facility (SNF)	Provides a level of intense rehabilitation and nursing services for people are recovering from an acute illness or injury. Generally not a longer term residential option, unless care needs are very high.

When it comes time to explore these options, caregivers should consult with someone at the Aging and Disability Resource Center. Whether you are considering community-based or residential options, the staff at the ADRC are extremely knowledgeable and ready to help. They can provide specific information and direction on how to proceed. And, remember: plan ahead—don't wait until you are overwhelmed or in a crisis.



## Tips for Visiting Someone in a Nursing Home

By the GWAAR Legal Services Team

Summer can be a time for travel, catching up with family and friends, and spending time outdoors. It can also mean more time and ability to visit loved ones in nursing homes. However, many people put off visiting friends and relatives in nursing homes because they are nervous, have had difficulty with visits in the past, or don't know how to act.

**Here are ten tips that may help you or someone you know make nursing home visits enjoyable for everyone:**

- **Plan your visit.** Know where you're going, the home's visiting hours policies, and the activity schedule.
- **Time your visit carefully.** Ask the person you are visiting and the nurses when is a good time to visit. For example, some people are more alert and energized in the morning.
- **Make your visit brief, if needed.** There's no ideal length for a visit. Consider a half hour of warm connection rather than sitting in silence for twice that time. Often people in nursing homes tire quickly, so shorter visits are better.
- **Try not to feel intimidated.** It's natural to feel self-conscious about how you're "supposed" to act in a new situation. Consider it a gift to your loved one to set your own feelings aside.
- **Don't be intimidated by dementia.** Try not to turn a visit with a person with dementia into a series of challenging questions, where they feel put on the spot to remember or come up with the "right" answer. Instead try the phrase, "tell me about..."
- **Talk about yourself.** Talking may take a lot of energy and tire the person out – listening may be an easier (and more pleasant) way to spend time together.
- **Go outdoors.** If possible, go for a short walk, take a drive, or sit outside on a bench.
- **Bring items to talk about.** Some examples include pictures, videos, cards or drawings from children, objects with great memories to spur conversation.
- **Don't be afraid of physical contact.** You don't have to talk the whole time - you can just spend time expressing that you care in other ways. Consider going at meal time to share a meal or help with feeding, giving a shoulder or foot massage, a manicure or just sit quietly and hold hands.
- **Know that just your presence can be a source of comfort and reassurance.**

For more helpful information and support, visit [Caring.com](http://Caring.com).

## DATCP Reports New Consumer Scams

The Department of Agriculture, Trade, and Consumer Protection would like to warn consumers about the new scams out there.

A phishing email is going around pretending to be from DATCP. Do not click on any links in the email. Also, the Wisconsin Consumer Protection Hotline phone number is being "spoofed." Consumers have reported that they were called by someone with a caller ID that identified the call as being from the Wisconsin Consumer Protection Hotline 1-800 number. DATCP has clarified that staff members do not call consumers from the 1-800 number.

There are also more IRS scams out there. Scammers are calling phone numbers as 'government imposters' and making specific threats including arrest by law enforcement, loss of driver's license, or even deportation. Phone calls from the IRS are scams. The IRS contacts taxpayers via mail and will never call nor make threats.

Finally, a fake Amazon email is circulating, attempting to get readers to click on links in the email. These emails are sent from a fake sender address. Any email received from Amazon will have the web address reference @amazon.com.





# September is Fall Prevention Awareness Month in Wisconsin

Falls may not seem like an obvious topic of conversation for active older adults. But mention the subject, and it quickly takes center stage. For one person, it's the story of an older relative whose fear of falling keeps them homebound. For another, it's their worry about a spouse who won't admit that falling has become a problem. No matter the variety of personal experiences, however, everyone will agree: older adults don't want to become a fall-injury statistic.

And their concern is well placed. The Centers for Disease Control and Prevention (CDC) reports that falls are by far the most common cause of accidental injury for older adults in the US. Each year, 2.3 million adults over 65 has a fall, leading to serious injuries in about 1 in 3 cases. At a local level, the picture is even more grim. If you are over 65, just living in Wisconsin increases your risk of dying from an accidental fall by more than twice the national average, according to recent CDC data. Icy winters and the state's high standards for tracking fall-related injuries don't fully explain the startling statistic. Public health experts say that's made it difficult to address the causes of the disparity. In Waukesha County, 1,426 people over 65 were hospitalized and 5,112 went to the emergency room due to a fall from 2013 through 2014.

Beyond the scary numbers, however, there's another side to falls that older adults need to know. "Falls are preventable and they are not a normal part of aging," says Betsy Abramson of the Wisconsin Institute for Healthy Aging. Abramson's organization supports training and research for falls prevention programs in Wisconsin communities, including a class called *Stepping On*. She states, "studies in Wisconsin have shown *Stepping On* reduced participants' likelihood of falling by as much as 50% after taking the class. That's a lot of bruises, or even more serious injuries that people avoided." That's good news because it shows older adults effective ways to protect themselves from falls.

Classes like *Stepping On* make people aware of hazards they take for granted at home or out in the community. Katherine Bowen - a busy community activist and grandmother - is also a peer leader for the *Stepping On* program in Dane County. She agrees that awareness is a big part of preventing falls. "That's the thing I practice to this day. I learned to pay attention to my surroundings as well as build my strength," she says. "When you see what you can do - the changes you can make in your life -- it really gives you confidence."

*Stepping On* workshops meet once a week for 7 weeks, to give participants a chance to hear from community safety experts like pharmacists and vision specialists, as well as build strength with the supervision of a physical therapist.

Anyone who has fallen or is concerned about falling should consider taking a *Stepping On* workshop. See the next page for the current *Stepping On* workshops offered in Waukesha County.



## **Eldercare Senior Focus Group of Southeastern Wisconsin, Inc**

**September 14, 2017** from 10:00 am to 12:00 noon  
New Berlin Library Community Room, 15105 Library Lane

***"Estate Plans, Medicaid, Taxes, ...Castles in the Sand?"***

**Funding of Long Term Care**

Refreshments will be Provided

Questions and Replies to Jean Lazarus 414-352-1966

[www.ElderCareFocusGroup.com](http://www.ElderCareFocusGroup.com)





# Evidence Based Health Promotion Programs

The following list of programs offered through the ADRC is just a sampling, not all-inclusive. Please call the ADRC for the entire list of options!

## **Stepping On (Falls Prevention) workshop—Join one of our next 7-week sessions**

Thursday beginning September 21, 2017  
10:00—12:00p  
(light snack included)  
Dickson Hollow  
W156N4881 Pilgrim Road  
Menomonee Falls, WI 53051  
**To Register Contact:**  
Jenny @ (262) 599-8321 or  
ADRC of Waukesha County @ (262) 548-7848

Wednesdays beginning September 27, 2019  
(7 weeks + reunion class)  
1:00p – 3:00p  
(light snack included)  
Brookfield Senior Center- Recreation Center  
2000 North Calhoun Road  
Brookfield, WI 53005  
**To Register Contact:**  
Virginia T. @ (262) 782-1636 or  
ADRC of Waukesha County @ (262) 548-7848

## **Healthy Living with Diabetes—Join our next 6-week session**

Monday, September 11, 2017  
1:30 p – 4:00pm  
(Light snack and refreshment included)  
Waukesha Memorial Hospital -  
Conference Room 4 (first floor, West entrance)  
725 American Ave.  
Waukesha, WI 53188

**To Register Contact:**  
ProHealth Care class registration @ (262) 928-2745 or  
ADRC of Waukesha County @ (262) 548-7848

The class is offered free of charge, with a \$20 workbook deposit

## **Living “Life” Well with Chronic Conditions—Join one of our next 6-week sessions**

Mondays beginning September 11, 2017  
1:00 – 3:30 pm  
(light refreshment included)  
Community Memorial Hospital  
Treiber Conference Center  
W180N8085 Town Hall Road  
Menomonee Falls, WI  
**To Register Contact:**  
(800) 272-3666 or  
Online at [www.froedtert.com/living](http://www.froedtert.com/living)

Wednesdays beginning September 13, 2017  
1:00 – 3:30 pm  
Aurora Summit Medical Center  
Gifford Room  
36500 Aurora Drive  
Summit, WI 53066  
**To Register Contact:**  
Trish Golden @ (262) 434-1248 or  
Online at [www.aurora.org/events](http://www.aurora.org/events)

Fridays, beginning September 29, 2017  
10 a – 12:30  
(light snack offered)  
Waukesha Memorial Hospital  
Conference room 1 & 2  
725 American Ave.  
Waukesha, WI 53186  
**To Register Contact:**  
ProHealth Care Class registration  
(262) 928-2745

## **Chronic Pain Self-Management Workshop—Join our next 6-week session**

Tuesdays beginning Sept. 19th  
10:00 – 12:30pm  
(light snack included)  
Brookfield Highlands Community Room  
20825 George Hunt Circle  
Waukesha, WI 53186  
**To Register Contact:**  
Rani H. @ (262) 798- 9612 or  
ADRC of Waukesha County @ (262) 548-7848

Tuesdays beginning Sept. 6th  
1:30—4:00pm  
(light snack included)  
\$30 refundable workbook deposit suggested  
Oconomowoc Area Senior Center  
210 S Main Street  
**To Register, Contact**  
Main office @ 262-567-4288 or  
ADRC of Waukesha County @ (262) 548-7848



**If you are looking for an outing to an apple orchard this fall, there are a bushel of options throughout Waukesha County. Whether you want to go apple picking, enjoy a scenic autumn hayride, sip warm apple cider or even decorate caramel apples, there is an orchard for you!**

**Basse's Country Delight Farm Market**

570 W16050 Janesville Rd., Muskego, 414-422-0315  
Ride a wagon to pick pumpkins. Caramel apples, bakery, honey and maple syrup. Weekends until Halloween.  
[bassefarm.com](http://bassefarm.com)

**Cozy Nook Farm**

511 W30780 Summit Ave. (Hwy 18), Waukesha, 262-968-2573  
Pumpkins and fall decorations. Cows easily viewed. Weekend hayrides. Open daily. [cozynookfarms.com](http://cozynookfarms.com)

**Homestead Animal Farm**

W320 N9127 Hwy 83, Hartland, 262-966-3840  
Walk the corn maze and visit the animals. Buy pumpkins and fall decorations. Open for school tours and weekends. [homesteadanimalfarm.com](http://homesteadanimalfarm.com)

**Lindner Pumpkin Farm**

19075 W. Cleveland Ave., New Berlin, 262-549-5364  
A petting zoo, pumpkin bowling, Old Tyme Playground, train rides and a corn maze. Open daily through Halloween. [linderspumpkinfarm.com](http://linderspumpkinfarm.com)

**Peck & Bushel Fruit Company**

5454 County Road Q, Colgate, 414-418-0336  
10,000 dwarf apple trees. <http://www.peckandbushel.com/>

**Prospect Hill Garden Center**

19305 W. National Ave., New Berlin, 262-679-2207  
Petting zoo, hayrides through the Ghostly Grove, a corn maze, a pumpkin patch and kids' games. Open weekends. [prospecthillgardens.com](http://prospecthillgardens.com)

**Shady Maple Farm**

N56 W27476 Lisbon Rd. (Hwy K), Sussex, 262-719-9999  
Hayrides, pumpkin picking, petting zoo, corn maze and a little kid play area. Open weekends in October. [shadymaplefarmwi.com](http://shadymaplefarmwi.com)

**Schuett Farms**

Highway 83 and Road X, Mukwonago, 262-968-4348  
Pumpkin picking, smartphone navigable corn maze, hayrides and cow-feeding. Open daily. [schuettfarm.com](http://schuettfarm.com)

**The Elegant Farmer**

1545 Main St., Mukwonago, 262-363-6770  
Pumpkin and apple picking. Autumn harvest festival weekends only through October 26<sup>th</sup>. [www.elegantfarmer.com](http://www.elegantfarmer.com)

**APPLE ORCHARD WORD SCRAMBLE**

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## Come join us for the Walk to End Alzheimer's®

In Waukesha County  
Saturday, September 9th at Frame Park



Walk Co-Chairs Ted and Pam Larsen invite you to Walk with them because **The End of Alzheimer's Starts with You!** Register for the Walk to End Alzheimer's on September 9th at Frame Park in Waukesha at [act.alz.org/waukesha](http://act.alz.org/waukesha). Start a team today! Gather your friends, family, co-workers, or members of your church or community organization. The Walk begins at 10:00 a.m., with on-site registration starting at 8:30a.m. If you aren't able to participate at the event, show your support by registering as a "virtual walker" or make a donation to support a friend, family member or co-worker.

### What is a Care Consultation?

The Alzheimer's Association exists in part to provide support and resources to persons that are living with some type of dementia and their family members. Our professional staff is dedicated to helping people navigate through the difficult decisions and uncertainties people with Alzheimer's or related dementias, and their families face at every stage of the disease through our Care Consultation services. Care Consultations are available at no cost to the family, and are private meetings designed to assist the person with the disease and/or their families in planning for and dealing with all aspects of the illness.

During a private Care Consultation ask questions about:

- concerns regarding memory loss
- assessment, diagnosis, and treatment
- communication techniques
- coping with cognitive and behavioral changes
- planning for future care needs
- strategies for dealing with family conflicts

Jennifer Harders, Waukesha County Outreach Coordinator for the Alzheimer's Association, is available at the Aging and Disability Resource Center by appointment for Care Consultations. To schedule a Care Consultation contact Jennifer at 800.272.3900 or via email at [jharders@alz.org](mailto:jharders@alz.org).

# *From the Desk of Your Benefit Specialist*



## **Time to Review Your Medicare Plan!**

### ***Medicare's Annual Open Enrollment Period Provides Important Opportunity***

Every year insurance companies can change the list of prescription medications that their Medicare Part D plan will cover and their pricing structure, known as the plan formulary. That means even if you are taking the same medications, the amount you pay for your medications may change in 2018! The plans' premiums, deductibles, and co-pays can also change each year.

What can people do about this? You can make changes to your Medicare coverage each year during Medicare's Open Enrollment Period which runs **October 15<sup>th</sup> through December 7<sup>th</sup>**. This is the time of year that all people with Medicare should review their plan, compare it to other available plans, and make sure they will have appropriate coverage in the new year.

Medicare beneficiaries in Waukesha County can receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialists at the **Aging and Disability Resource Center of Waukesha County**. Don't let this opportunity pass you by! The Elder Benefit Specialists can also provide free health benefits counseling services and check to see if there are any other programs or benefits that you may be eligible for. For further information and assistance call the ADRC of Waukesha County at **262-548-7848**.

## **Welcome to Medicare Class**

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm -7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848 or online: [www.waukeshacounty.gov/ElderBenefitSpecialistProgram/](http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/)

MEDICARE		HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY <b>JOHN DOE</b>			
MEDICARE CLAIM NUMBER <b>000-00-0000-A</b>		SEX <b>MALE</b>	
IS ENTITLED TO <b>HOSPITAL (PART A)</b>		EFFECTIVE DATE <b>01-01-2007</b>	
<b>MEDICAL (PART B)</b>		<b>01-01-2007</b>	
SIGN HERE →			



# ASK INA

Dear Ina,

I'm cleaning out my mother's medicine cabinet, and need to know what to do with all of her old medications.

Signed, Phil Script

**Dear Mr. Script,**

It's important to safely dispose of old or unused medications. Prescription medications should never be flushed or poured down the drain. These substances can contribute to contamination of our water supply if not disposed of properly. Drug collection programs provide a safe, legal and environmentally acceptable way to dispose of unused prescription drugs. By disposing your prescriptions, you help prevent medication abuse. The next Drug Take Back Day will be held on October 28, 2017, however many sites now provide for drop off year round:

**Brookfield**

Town of Brookfield Police Department, 655 N. Janacek Rd.; 262-796-3798 M-F, 8:00am-4:00pm  
Walgreens Safe Medication Kiosks, 15650 W. Greenfield Ave.; 262-786-3692 access during store hours

**Delafield**

City of Delafield Police Department, 115 Main St.; 262-446-5070 6:30am-9:00pm

**Hartland**

Hartland Police Department, 210 Cottonwood Ave.; 262-367-2323 24 hours/7 days a week

**Menomonee Falls**

Menomonee Falls Police Department, W156 N8480 Pilgrim Rd. Mon, Tues, Thurs & Fri: 7:30am-4:30pm; Wed: 7:30am-6:30pm  
Walgreens Safe Medication Kiosks, N83 W15701 Appleton Ave.; 262-251-3890 access during store hours

**Mukwonago**

Village of Mukwonago Police Department, 627 S. Rochester St.; 262-363-6435 24 hours/7 days a week

**Muskego**

Muskego Police Department, W183 S8150 Racine Ave.; 262-679-4130 24 hours/7 days a week

**New Berlin**

New Berlin Police Department, 16300 West National Ave.; 262-780-8106 24 hours/7 days a week

**Oconomowoc**

City of Oconomowoc Police Department, 174 East Wisconsin Ave.; 262-569-3249 24 hours/7 days a week  
Walgreens Safe Medication Kiosks, 1021 Summit Ave.; 262-567-9173 access during store hours

**Pewaukee**

City of Pewaukee Municipal Court Building, W240 N3065 Pewaukee Rd.; 262-691-0921 Mon.-Fri. 8:00am-3:30pm  
Village of Pewaukee Police Department, 235 Hickory St.; 262-691-5678 Mon-Fri. 7:00am – 8:00pm

**Sussex**

Sussex Public Safety Building, N63 W24335 Main St.; 262-246-5237 Mon-Fri. 8:00am-5:00pm

**Waukesha**

City of Waukesha Police Department, 1901 Delafield St.; 262-524-3831 24 hours/7 days a week  
Waukesha County Sheriff's Department, 515 W. Moreland Blvd., in the lobby area; 262-548-7122 24 hours/7 days a week

For more information, visit <http://doseofrealitywi.gov/drug-takeback/>

*Here is a sampling of programs, presentation and activities being held in various Waukesha County Libraries during the month of September.*



**Menomonee Falls Public Library. W156 N8436 Pilgrim Rd., Menomonee Falls, WI 53051. (262) 532-8900.**

*Golda Meir: The Journey Home presentation*

September 14, 6:30-7:30 p.m.

<http://menomoneefallslibrary.org>

**Pauline Haass Public Library. N64 W23820 Main St., Sussex, WI 53089. (262)-246-5180.**

*Wellness Series: Preventing the Flu.*

Wednesday, September 13 at 1:00-2:00 p.m.

<http://www.phplonline.org/>

**Elm Grove Public Library. 13600 Juneau Blvd., Elm Grove WI 53122. (262) 782-6700.**

*My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver.* Wednesday, September 20 at 7:00 p.m.

<http://elmgrovelibrary.org>

**Town Hall Public Library. N76 W31429 Hwy. V V. North Lake, WI 53064. (262) 966-2933.**

*September 11 Attack: TED Talk Video.*

Monday, September 11 at 6:30-7:30 p.m.

<http://www.townhalllibrary.org/>

**Waukesha Public Library. 321 W Wisconsin Ave. Waukesha, WI 53186. (262) 524-3680.**

*Mars: The New Frontier.*

Wednesday, September 6 at 7:00-8:00 p.m.

<http://waukeshapubliclibrary.org>

## WAUKESHA COUNTY SENIOR DINING CENTERS

### Brookfield

**782-1636**— Virginia

Brookfield Community Center

2000 North Calhoun Road

Monday thru Friday at 12:00

### Butler

**783-5506**— Pam

Hampton Regency Apartments

12999 West Hampton Avenue

Monday thru Friday at 11:45

### Hartland

**367-5689**—Peggy

Breezewood Village Apartments

400 Sunnyslope Drive

Monday, Wednesday, Friday at 12:00

### Menomonee Falls

**251-3406**—Diane

Menomonee Falls Community Center

W152 N8645 Margaret Road

Monday thru Friday at 12:00

### Mukwonago

**363-4458**—Anna

Birchrock Apartments

280 Birchrock Way

Monday thru Thursday at 12:00

### Muskego

**414-422-0420**—Jack

Stoney Creek Adult Community

S69 W14142 Tess Corners Drive

Monday, Wednesday, Friday at 11:45

### New Berlin

**784-7877**— Rhonda

National Regency Retirement Community

13750 West National Avenue

Monday thru Friday at 12:00

### Oconomowoc

**567-5177**—Lisa

Oconomowoc Community Center

220 West Wisconsin Avenue

Monday thru Friday at 12:00

### Sussex

**246-6747**—Nick

Sussex Civic Campus

N64 W23760 Main Street

Monday thru Friday at 12:00

### Waukesha

**547-8282**— Lucille

La Casa Village

1431 Big Bend Road

Monday thru Friday at 12:00

**Eligibility:** Persons 60 years and older

For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826.

Transportation may be available by taxi or Rideline for \$1.00 each way.

Some Meals Sites offer blood pressure checks free of charge and some have foot care available for a fee. Ask your meal site coordinator what is available.

**The ADRC, Waukesha County Senior Dining Sites, and Meals on Wheels will be closed:**  
**Monday, September 4th**  
**Thursday, November 23rd & Friday, November 24th**  
**Monday, December 25th & Tuesday, December 26th**  
**Monday, January 1st & Tuesday January 2nd**



# AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

## SENIOR DINING AND HOME DELIVERED MENU SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>PLEASE NOTE:</b> 1% MILK INCLUDED  <b>ALT= LOW SUGAR ALTERNATIVE</b>  <i>Menu subject to change without notice</i></p>			<p>1</p> <p>Cold Roast Beef and Cheddar on Onion Bun  Mayo and mustard pkts  Potato Chips  Broccoli Salad  Grapes  Chocolate Chip Cookie  Alt. Fresh Fruit</p>
4	5	6	7	8
 <p>NO MEALS SERVED</p>	<p>Whole Grain Spaghetti w/ Italian Meat sauce  Steamed Spinach  Italian Bread w/ butter  Pear Half  Dessert Bar  Alt: Fresh Fruit</p>	<p>Indian Summer Porcupine Meatballs w/ Gravy  Wild Rice Blend  Fry Bread w/ Butter  Squash  Apple Pie  Alt. Fresh Apple</p>	<p>Philly Chicken Sandwich  Onions/peppers/ provolone  Wheat Kaiser Roll  Baby Bakers w/ butter  Country Style Vegetables  Fruited Yogurt</p>	<p>Beef Stroganoff  Buttered Egg Noodles  Glazed Beets  Sourdough Bread w/ butter  Fresh Pear</p>
11	12	13	14	15
<p>Polish Sausage on sausage roll  Ketchup &amp; Mustard  Sauerkraut  American Fried Potatoes  Banana Cream Pie  Alt. Fruit Cocktail</p>	<p>Smoked Pork Chop  Baked Sweet Potato w/ butter  Green &amp; Wax Bean Medley  Marble Rye Bread w/ butter  Watermelon</p>	<p>Fortune Cookie Day  Beef and Broccoli  Brown Rice  Oriental Blend Vegetable  Mandarin Oranges  Dinner Roll w/ butter  Fortune Cookie</p>	<p>Pork Cutlet  Rice Pilaf  Spinach Salad dressing  Whole Wheat Roll w/ butter  Peaches  Rice Krispies Treat  Alt: Fresh Fruit</p>	<p>Tuna Salad/Kaiser Roll  Sliced Tomato  Lettuce leaf  Sliced Peaches  Sun Chips  Chocolate Iced Brownie  Alt. Juice</p>
18	19	20	21	22
<p>Meatloaf w/ Gravy  Garlic Mashed w/ gravy  Crinkle Cut Carrots w/Dill  7 Grain Bread w/ butter  Mixed Fruit Cup</p>	<p>Turkey Tetrazzini  Broccoli &amp; Cauliflower Medley  Cucumber Salad  Garlic Breadstick  Lemon Bar Square  Alt: Sugar Free Gelatin</p>	<p>Oven Roasted Pork w/ Apricot Glaze  Au Gratin Potatoes  Key Largo Vegetables  Biscuit w/ butter  Apple Crisp  Alt. Fresh Apple</p>	<p><b>Summer's Last Stand</b>  Brat on Sausage Roll  Ketchup / Mustard  Baked Beans  Potato Salad  Fresh Melon  Ice Cream Cup  Alt. Sugar Free Ice Crm</p>	<p>Pub Burger on Kaiser Roll with Fried Onions and provolone  Ketchup and Mustard  Potato Casserole  Wisconsin Blend Veg  Chocolate Chip Cookie  Alt. Banana</p>
25	26	27	28	29
<p>Cherry Glazed  Oven Roasted Ham  Roasted Potatoes  Maui Blend Veg  Multi Grain Dinner Roll w/ butter  Pineapple Tidbits</p>	<p>Pork Chop Suey w/ Vegetables  Brown Rice  Japanese Blend Veg  Egg Bread w/ butter  Cantaloupe</p>	<p>BBQ Chicken on bone  Potato Salad  Diced Carrots  Multigrain Bread  butter  Banana Cake w/Cream Cheese  Icing  Alt. Banana</p>	<p>Hearty Chili Mac  Shredded Cheese, Onions, Sour Cream, Saltine Crackers  Mixed Green Salad w/ Ranch Dressing  Cornbread Muffin w/ butter  Fresh Pear</p>	<p>Stuffed Salmon Boat w/Cream Sauce  Quartered Red Potatoes  Brussels Sprouts  Rye Dinner Roll w/ butter  Fresh Peach</p>

# Changes Coming to Food Labels

The Nutrition Facts label has a new look! Food manufacturers will transition to the new label by July 26, 2018. During the transition time, you may find the current or new label on packaged foods.

Among several changes to the label, serving sizes have been updated to be more realistic and reflect what people actually eat and drink.

## NEW LABEL / WHAT'S DIFFERENT

Servings:  
larger,  
bolder type

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving sizes  
updated

Calories:  
larger type

Updated  
daily  
values

Actual  
amounts  
declared

New  
footnote

New:  
added sugars

Change  
in nutrients  
required



## FOOD SERVING SIZES GET A REALITY CHECK

### Serving Size Changes

What's considered a single serving has changed in the decades since the original nutrition label was created. So now serving sizes will be more realistic to reflect how much people typically eat at one time.

#### CURRENT SERVING SIZE



#### NEW SERVING SIZE



### Packaging Affects Servings

Package size affects how much people eat and drink. So now, for example, both 12 and 20 ounce bottles will equal 1 serving, since people typically drink both sizes in one sitting.



1 SERVING PER BOTTLE  
FOR EITHER BOTTLE SIZE

Learn more at the FDA's website: <https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm>

**FOOD WISE**  
Healthy choices, healthy lives.

**UW Extension**  
Waukesha County

515 W. Moreland Blvd., Administration Center Rm G22  
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para más información en español comuníquese con: 262-548-7882  
[www.waukeshacounty.gov/uwex](http://www.waukeshacounty.gov/uwex)



# September Events...

Pewaukee Food Truck and Car Show Rally- September 8<sup>th</sup> 4-8pm, Koepp Park in Pewaukee [www.positivelypewaukee.com](http://www.positivelypewaukee.com)

Fall Festival- September 9<sup>th</sup> 9am-7pm, Downtown Oconomowoc [www.downtownoconomowoc.org](http://www.downtownoconomowoc.org)

Moonlit Movies- Adult Night Out-September 9<sup>th</sup> 7pm-10:30pm, Rhodee Memorial Band Shell, 324 Oconomowoc [www.moonlitmovies.org](http://www.moonlitmovies.org)

Maxwell Street Days- September 9<sup>th</sup> and 10<sup>th</sup> 8am to 5pm both days, Field Park, Highways 83 and NN, Mukwonago [www.maxwellstreetdays.net](http://www.maxwellstreetdays.net)

Historical Day- September 10<sup>th</sup> 10am-4pm, New Berlin Historical Society, 19885 W. National Ave, New Berlin. Parade at 2pm, working blacksmith, food available. Free admission. <http://newberlinhistoricalsociety.org/>

Tribute Tuesday Concerts- September 12<sup>th</sup> 7pm-9pm Kenney Chesney Tribute, Les Paul Performance Center in Cutler Park, 301 Wisconsin Avenue, Waukesha. <http://www.waukesha-wi.gov/1527/Tribute-Tuesday-Concerts>



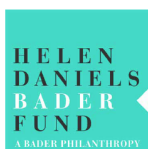
Saturday, September 16, 2017

Frame Park Picnic Shelter

701 E. Moreland Blvd

Waukesha, WI

Join NAMI Waukesha to help raise awareness and funds for mental health at NAMIWalks Waukesha! There is no fee to walk and everyone who raises \$100 or more receives an official NAMIWalks Waukesha t-shirt! You can register as a Team Captain, an Individual Walker or you can support NAMIWalks Waukesha as a Sponsor or Donor. Your generous support helps share the message of hope for individuals and families that every single person can get the mental health treatment they need and experience recovery. Help change minds one step at a time! For more information, visit <http://www.namiwaukesha.org/events/>



The Evan and Marion Helfaer Foundation

## 30th Annual Lifetime Art Exhibition

The Lifetime Art Competition is an annual, juried, traveling exhibition of art created by local Wisconsin Artists age 50+

September 1 - 27, 2017

New Berlin Public Library

15105 W Library La., New Berlin

November 1 - 29, 2017

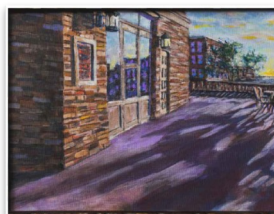
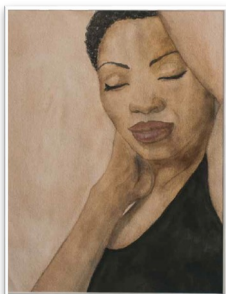
La Casa de Esperanza

410 Arcadian Ave., Waukesha

December 4 - 27, 2017

Tudor Oaks

577W12929 McShane Dr., Muskego



This exhibition is free of charge. Donations are welcomed.



(414) 291-7500 [interfaithmilw.org](http://interfaithmilw.org)

## Dishing Up Food, Fellowship and Fun

During the summer and fall months Waukesha County Senior Dining Centers are busy planning, preparing and providing seniors with special themed meals. If you are looking for a wonderful opportunity to get out, meet new friends and enjoy a well-rounded hot nutritious meal, look no further than your neighborhood senior dining center. During the month of July, the New Berlin and Hartland Senior Dining Centers hosted a patio party complete with grilled burgers and brats and all the fixins for a summer barbecue. The Sussex Senior Dining Center hosted a "Seniors Rock " themed meal. Old cars were on display and a 50s / 60s rock band provided the entertainment. Menomonee Falls hosted a Roaring Twenties themed event complete with entertainment, flipping flapper and Great Gatsby drinks. The Brookfield and Muskego Senior Dining Centers will have a themed Hawaiian Luau and Mukwonago will feature mom's home cooking. Join us at one the centers for lunch soon to enjoy food, fellowship and fun.



## Volunteers Needed for Fall Clean Up

One thing that all Midwesterners know for certain is seasons change in the blink of the eye. It's only a matter of time before leaves start to change and fall. ERAs Senior Network is looking for individuals and groups across Waukesha County who are willing to help seniors and adults with disabilities winterize their homes in our Fall Yard Cleanup program. Tasks could include raking, putting away lawn furniture, cleaning out first floor gutters, and washing windows. Projects will gear up in November. This is a great opportunity for families and church groups. This is a flexible opportunity that can be scheduled around your availability. Help a senior in your area! For more information or to sign up contact Anna Roesel at [AnnaR@ERAsWaukesha.org](mailto:AnnaR@ERAsWaukesha.org) or call (262) 522-2402.



## Medical Information Forms

ADRC of Waukesha County  
Human Services Center  
514 Riverview Avenue  
Waukesha, WI 53188

If you would like to be added to or  
removed from this mailing, or if you  
would like to receive our Newsletter  
electronically, please call the ADRC at  
(262) 548-7848